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Old-time Herbs for Modern Gardens

FERRY-MORSE SEED CO.

Detroit

San Francisco

Set Aside

America is becoming herb-conscious! Like their colonial ancestors, modern housewives are awakening to the fact that even ordinary food becomes more delicious and appetizing when given the subtle, intriguing flavor of the proper herb or herbs.

Fresh herbs grown in one's own dooryard are superior in flavor and fragrance; and only a very small plot of ground is needed to raise all the herbs needed for summer, with plenty left over to dry for winter use.

Herb Favorites Easily Grown

ANISE grows readily from seed sown outdoors in spring. It needs a warm sunny location. Thin the young plants to stand 8 to 12 inches apart. This herb has lacy leaves and heads of white flowers which mature into seeds—the part used for cooking.

BALM, sometimes called "Lemon Balm", has a lemony, mint-like scent and a sharp, refreshing lemon peel taste. The rough leaves are deep green in color. Balm grows readily from seed sown outdoors in spring.

BASIL or **SWEET BASIL** is a bushy, tropical annual, easily grown from seed planted directly outdoors. The light yellow-green leaves and tender tips are spicy and flower-like in flavor and odor. The plants may well be potted for winter use.

BORAGE is a rough-stemmed annual with clusters of lovely blue flowers and a faint flavor of cucumber. Sow the seeds outdoors in spring in a sunny exposure. Since this herb matures rapidly, several plantings could be made at intervals for fresh young leaves and blossoms all summer. The blossoms give a touch of pretty color when used with the leaves.

CARAWAY will produce seeds the first year only in sections of the country where it can be planted very early;

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in colder sections the seeds mature early the second summer. They grow in heads or umbels.

CHERVIL resembles a fine leaved parsley and tastes something like parsley and fennel combined. Sow the seed in early spring in rich well-prepared garden soil. It will sometimes be two or three weeks before the plants will appear, but they will then make rapid growth.

CHIVES, a small member of the onion family, has small grass-like leaves and pretty purple flower-heads. The young tender leaves have a delicate, pleasing flavor like that of a very mild onion; they may be cut freely for they continue to send up new shoots. Chives grow readily from seed in rich garden soil. The plants are perennial and live from year to year. One or two clumps may be potted in fall for winter use.

CORIANDER has flowers tinted with pale rose, and foliage of soft green. Plant seed outdoors in spring, and thin the plants to about 18 inches apart. The seeds which grow in clusters are somewhat unpleasant smelling when green, but when ripe they are deliciously like orange in odor and taste.

DILL grows rapidly, and by sowing seed early the matured seeds which grow in umbels like caraway will be ready for use the first year. The plants grow tall and should be thinned to from 12 to 15 inches apart when young. Both foliage and seeds are used for flavoring.

LAVENDER is one of the few herbs that for best results should be started indoors and later transplanted. Lavender is grown almost entirely for its fragrance, fresh and dried.

a Little Patch

PARSLEY with its rich dark green leaves needs little description, it is so well known. Some of the new moss curled varieties are unusually attractive. The seed germinates slowly. Sow in spring outdoors in partial shade, if possible, and in rich garden soil. Or, sow the seed indoors and transplant later. If the leaves are cut off when the plants are about three inches tall, the new growth will be brighter and better curled.

ROSEMARY has a sweet fragrant scent suggestive of "nutmeg and pine needles" to some people. The flavor is warm and pungent. The leaves are green above and light gray-green beneath; the loose flower clusters are pale blue. Plant the seed outdoors in spring.

SAGE of the well-known garden variety is a shrubby gray-leaved plant with blue flowers. The plants when thinned should stand at least 12 inches apart. The young stems with their tender leaves may be cut twice during the growing season.

SUMMER SAVORY is an erect bushy plant of small size. It grows readily from seed planted outdoors in spring. The young tender leaves are the part used. They may be cut for drying about midsummer.

SWEET FENNEL has stems that are tender and shining and may be eaten like celery. The feathery leaves are attractive. Seeds, leaves, and tender stems are all used for their very distinctive flavor. Sow the seed outdoors in spring and thin the plants to 18 inches apart.

SWEET MARJORAM is a bushy little plant with soft foliage and purple flowers in hop-like heads. Sow the seeds in early spring. The leaves are used fresh and dried, and the

of Herbs

plants may be potted for winter use. This was one of the most popular herbs of colonial days.

THYME is a small bushy plant which may be started from seed in spring. The leaves and young shoots are sharply aromatic.

Planning the Herb Garden

The herb plot may be a small formal garden, an informal border, or just a few rows at the edge of the vegetable garden. It should be within easy reach of the kitchen door so that the plants can be readily cared for and easily gathered. A very small plot will hold quite a number of kinds of herbs because only a few plants of each are needed.

In the vegetable garden, plant the herbs in rows, taking care that the tall plants do not shade the small ones. For an ornamental border planting, place tall herbs such as dill, coriander, sweet fennel, and rosemary in the background; group the medium tall here and there in front of the tall—namely, anise, balm, caraway, borage, lavender, sweet marjoram, sage; edge the border with dwarfer plants such as basil, thyme, parsley, or chives. The same idea may be carried out in a charming bit of formal landscaping beside the kitchen door.

Soil for Raising Herbs

Well drained soil of a loamy nature is excellent for most herbs, and they can usually endure more dryness than most of the other plants in the garden. They like a sunny location.

Parsley, chervil, and chives prefer some shade and a somewhat richer, heavier soil.

Important Herbs Not Raised From Seed

Mint, so well known and popular for use with lamb and with iced drinks, is propagated from cuttings rather than from seed. Tarragon, also much liked in herb cookery, is grown from roots because it does not mature seed in this climate. Both herbs may be secured from reliable dealers in plants.

Drying Herbs for Winter Use

The method of drying is much the same for all the various herbs. Leaves and tender stems of balm, basil, borage, rosemary, sage, savory, fennel, marjoram, and thyme are cut in the young stage and dried slowly in a dustless, airy, darkened room. They may be tied in small bunches and hung head downward; or, they may be placed in roomy paper bags, loosely tied, and hung up. Each kind of herb should be labeled as they look much alike when dried.

Cut the flowering branches of lavender on a sunny day when the whole spike has bloomed and the lowest blossoms have begun to darken. Place them in small cloth bags for scenting linen and clothes closets.

Seed heads of anise, dill, caraway, coriander and fennel are harvested with short stems as soon as they begin to ripen, are dried on thin cheese cloth or muslin in the shade, and stored in a dry airy place in covered containers. The seeds should be washed before being used in cooking.

Hints for Using Garden Herbs

Use Herbs in Small Quantities; let them furnish a delicate flavor instead of dominating the taste of the food.

Top Baking Powder Biscuits with caraway or anise seed.

For Iced Drinks wrap such herbs as thyme, borage, marjoram, in a cloth and bruise; then steep in the hot tea or other liquid and cool before using.

Add Chopped Basil to tomato sandwiches, to bean soup, to sauces for spaghetti. Use about two small leaves to each serving.

Pickled Beets receive a distinctive new flavor from the addition of a few dill or fennel seeds in the hot vinegar-and-sugar, or sprinkled over the beets before the liquid is added.

Delicious Combinations for flavoring omelettes are:

- (1) Thyme, basil, summer savory, chives.
- (2) Basil, thyme, sweet marjoram, parsley.
- (3) Chives, parsley, summer savory, basil.

Combine Rosemary with Lavender for scenting linens.

Appetizing Spreads are made by adding chopped chives or chopped fresh sage to cottage or cream cheese. Use about one heaping tbs. to one cup cottage cheese or one package cream cheese. Serve on thin crackers or large crisp potato chips.

Cook a Pinch of Summer Savory with fresh or canned peas or beans to accent their flavor.

For Green Salad use a foundation of finely cut crisp lettuce. Scatter over it a few chopped fresh leaves of anise, caraway, parsley, and chives. Toss together with French dressing. Or, use a mixture of parsley, chervil, chives, and thyme, or savory.

Sprinkle Chopped Fresh Leaves of dill on broiled steaks or chops, cover with hot melted butter, and allow to stand in a hot oven a few minutes before serving.

Bread Stuffing for Fowl is improved by mixing in thoroughly $\frac{1}{4}$ ts. thyme, $\frac{1}{2}$ ts. powdered sage, $\frac{1}{2}$ ts. chopped chives, and $\frac{1}{4}$ ts. of summer savory. Use them singly or in combination.

Mix the Yolks of Hard-cooked Eggs with pepper, salt, chopped chives, thyme, chervil, and sweet marjoram. Stuff the whites with this and serve with a white sauce poured over.

Glazed Carrots Aux Fines Herbes

Split young carrots in half lengthwise; parboil. Butter a shallow casserole. Prepare 2 heaping tbs. mixed herbs—basil, sweet marjoram, summer savory, and parsley. Spread 1 tbs. over bottom of plate, lay carrots flat side down on herbs. Sprinkle herb mixture evenly over top of carrots. Dot generously with butter and sprinkle 1 tbs. sugar over all. Pour $\frac{1}{2}$ cup water into dish carefully and cook in moderate oven for about 15 minutes, or until carrots are tender.

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Tomato Juice Cocktail

2 cups tomato juice	dash of paprika
2 tbs. lemon juice	1 ts. sugar
1 tbs. orange juice	1 ts. finely cut basil leaves
$\frac{1}{2}$ ts. salt	1 ts. finely cut chives

Mix tomato juice with herbs and seasonings. Let stand one or two hours in a cold place. Add lemon and orange juice and strain into glasses.

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Herb Bouquet

Make small cheese cloth bags about 2 inches square and fill with the following:

1 ts. dried parsley	$\frac{1}{4}$ ts. dried sage
1 ts. dried marjoram	$\frac{1}{2}$ ts. dried savory
1 ts. dried thyme	2 ts. dried celery leaves

This amount will fill three bags, one of which is enough to season about two quarts liquid. The bags are dropped into boiling soup toward the end of cooking, or are placed in gravy during the time of its cooking.

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